White Bear Lake Boys 9-10 Championship Meet

Thursday, May 11, 2023

**Entries:**

This is a scored meet with 5 athletes per event. Teams can have multiple relays if desired. Please confirm your team now on Athletic.net. Schools will enter **roster only** on Athletic.net by Monday, May 8 at 7:00pm. After Monday, you will be sent your athlete numbers. Seeding of the heats will be done prior to the race by the Clerk of Course. Heats will be run from fastest to slowest.

**Procedures:**

1. Track athletes should check in with the clerking official (at the west end of the track near the 100 m. starting line) before their event. **All events will be FAT timed and times will be posted.** Field event athletes need to sign in with field event judges at 3:45.
2. Long and Triple Jump will be run on SEPARATE RUNWAYS in cafeteria style. Each competitor may have a total of four (4) attempts.
3. The High Jump and Pole Vault will be run efficiently. Check out with the judge if you leave. Starting height determined at coaches meeting.
4. Shot and Discus athletes will have 4 throws each. Stillwater, Roseville, WBL, Irondale, Cretin will be first in the Shot. Woodbury, Mounds View, East Ridge, Park, Forest Lake will be in the Discus first.

**Supplemental Information:**

* Bus arrival to WBL North Campus is before 2:45 or at 3:30 (sorry still under construction). School is excused at 3:15.
* Only coaches and athletes competing/warming up on the infield - no parents and non-athletes. Coaches please help with this.
* Team camps must camp outside the stadium fence area. Under the stadium bleachers or on backstretch cement are best.
* Sunflower seeds and gum are not allowed in the stadium.

**Order of Events**:

3:30 Coaches Meeting

3:45 Sign up at Field Events

4:00 Field Events Begin

Pole Vault - Opening height determined at coaches meeting

 High Jump - Opening height determined at coaches meeting

 Triple Jump - 4 jumps each, cafeteria style, pits close at 6:00

 Long Jump - 4 jumps each, cafeteria style, pits close at 6:00

 Shot put - 4 throws each. Still, Rose, WBL, Iron, Cretin first

 Discus - 4 throws each. MV, ER, Wood, FL, Park first

 4:15 Running Events Begin. Rolling schedule will be used

 4 x 800 relay

 100 hurdles

 100 dash

 4 x 200 relays

 1600 run

 4 x 100 relay

 400 dash

 300 hurdles

 800 run

 200 dash

 3200 run

 4 x 400 relay

**Student Meet Workers - please report to your job by 3:45**

* **Long jump** – Irondale (3)
* **Triple jump** – Stillwater (3)
* **Shot Put -** Park (3)
* **Discus** - Woodbury (3)
* **Pole Vault** – East Ridge (2)
* **High Jump –** Cretin (2)
* **Blocks -** Roseville (2)
* **Starter Cart –** Roseville (1)
* **Clerk -** Forest Lake(2)
* **Finish Line** - Mounds View (2)
* **Hurdles** – WBL (10)

##### Relay Exchange Responsibilities

 4 x 200 red - red - yellow exchanges

 exchange zone 1&3 Roseville & Stillwater

 Finish line exchange zone 2Meet Officials & Cretin

 4 x 100 all yellow exchanges

 exchange zone 1 Park & East Ridge

 exchange zone 2 Irondale & Mounds View

 exchange zone 3 Forest Lake & Woodbury

####  4 x 400 and 4 x 800 Meet Officials